

How do I relax?



Relaxation techniques are an important part of maintaining your stress level, increasing your inner peace, and developing a healthy relationship with yourself. Here are a few relaxation techniques to practice at least three times a week for 30-45 minutes per session:

- ⊕ **Time alone.** This allows you to continually evaluate stressors and devise a plan to shift each of the stressful situations.
- ⊕ **Body movement.** Try something such as yoga or pilates to relax your body, as well as build your core muscles.
- ⊕ **Active Meditation.** For any activity including body movement, such as yoga. This requires body movement and concentration on breathing.
- ⊕ **Passive meditation.** This includes techniques such as progressive muscle relaxation, visualization, breathing meditation, candle gazing, and sound meditation.
- ⊕ **Allow yourself to “let go” when you practice relaxation and in your everyday life.**



The State Wellness Program Operates as a Program
of the Employees Benefits Council.
“Making a Healthy Difference for You!”

